

DelaWELL: Continuing Your Wellness Journey

We are pleased to announce the exciting 2013-2014 offerings for our comprehensive Health Management Program “DelaWELL.” DelaWELL is a voluntary program that focuses on health awareness, education and health management and provides you — employees, retirees as well as your dependents — with many opportunities to improve and manage your health. The program is provided for **free** as part of your health care benefits.

The best part is, participation earns you more than just better health—you’re also eligible for a financial incentive of up to \$200.

What is the DelaWELL Health Management Program?

DelaWELL is a comprehensive wellness and condition care program. Your participation includes access to:

- A personalized, confidential online **Wellness Assessment**
 - Access to a **Health Advisor** to help you understand your Wellness Assessment results and take the next steps most appropriate for you
- Onsite biometric **health screenings** (blood pressure, cholesterol, glucose, etc.)
- Health coaching, to help you with:
 - Healthy weight maintenance
 - Smoking cessation
 - Physical activity
 - Eating habits/nutrition
 - Managing stress
- **Condition Care** Programs, to help participants with chronic conditions, like:
 - Asthma
 - Coronary Artery Disease
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Diabetes
 - Heart Failure
 - Back Pain & Osteoarthritis
- **Online Health Resources**, such as:
 - Articles, newsletters and journals
 - A health information center
 - Health trackers
 - Quizzes
- Onsite and online **Health Seminars** on self-care, weight loss, tobacco cessation, nutrition, fitness and other important health topics
- **Wellness Challenges** that encourage participants to practice healthy behaviors
- Worksite and Online **Weight Watchers Programs**
- Confidential, 24/7 toll-free **Nurse Line (Nurse24)** at 1-866-674-9103 for direct access to a registered nurse to answer health-related questions and provide information on routine illness and minor injuries

Earning Your Incentive

The State rewards participation in the DelaWELL Program with an annual financial incentive. Eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan, can earn up to \$200 for participating in program activities from July 1, 2013 through May 31, 2014*.

Level	Incentive	What You Need To Do
Silver	\$100	<ul style="list-style-type: none">• Participate in a DelaWELL Health Screening; and• Complete a confidential, online Wellness Assessment
Gold	\$200	<ul style="list-style-type: none">• Complete Silver Level Reward requirements; and• Meet the purchase requirements for the Weight Watchers Program OR Actively participate in the Health Coaching Program OR Condition Care Program OR Meet the Healthy Values.

Early Bird Incentive

Participants who complete the Silver Level activities by October 15, 2013 will receive an “Early Bird” payment of \$100 in a December 2013 paycheck.

Knowing your key health values, such as blood pressure, BMI and cholesterol is important to help you stay healthy and detect health conditions early when they are most treatable. The State will offer free screenings onsite at various State of Delaware locations from July 2013 – April 2014. You will be able to schedule an appointment on the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

Online Wellness Assessments

The Wellness Assessment is an online, confidential questionnaire about your health habits that can be completed in about 15 – 20 minutes. Upon completion, you’ll receive a Wellness Score and personalized report. The results will help you identify your health risk areas and give you practical suggestions for improving your health and reducing your risk for illness and injury. Health Screening numbers will be automatically updated in the assessment within four weeks of your screening appointment.

*DelaWELL Silver Level Reward amounts earned between October 16, 2013 and May 31, 2014 and all DelaWELL Gold Level Reward amounts earned between July 1, 2013 and May 31, 2014 will be paid in July 2014.

New! Health Advisors

Once you complete your Wellness Assessment, you may contact a confidential Health Advisor at a time convenient for you to review your results and discuss appropriate follow-up activities — such as online wellness programs and referrals to the Health Coaching Program and Condition Care Program, as applicable.

New! Healthy Values

The DelaWELL Program focuses on helping all participants, regardless of their current health status. We want to reward all the employees and retirees who work hard to manage their own health. Starting this plan year, participants who maintain a healthy lifestyle are eligible for the Gold Level incentive through the DelaWELL Program. If you complete the online Wellness Assessment, participate in a DelaWELL onsite biometric health screening and your results fall within the healthy range (see below) you will be eligible for the \$200 Gold Incentive.

DelaWELL Healthy Values

Participants must meet **all four** in order to receive credit towards the Gold Level Incentive:

- Body Mass Index (BMI): Less than 25.0
- Blood Pressure: Less than 120/80
First number (systolic) must be less than 120 and
second number (diastolic) must be less than 80
- Total Cholesterol: Less than 200 mg/dL
- Non-Tobacco User (Self-reported in the online Wellness Assessment)

Make it a priority to take part in the DelaWELL program this year. Engagement and participation in the DelaWELL Program is an effective way to help control rising healthcare costs and improve the health and wellbeing of our employees, retirees, and their families. For more about DelaWELL, visit www.delawell.delaware.gov.

New! Health Advisors

It will be easier than ever to get access to online resources, coaching programs and the Condition Care program thanks to the new Health Advisors program. Contact your Health Advisor by calling 1-866-674-9103 to take full advantage of all that is available to you as a participant in the DelaWELL program.